

## Edmund Fitz 62 Mile Race

Contributed by Ken Ekman  
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From Ken - The Edmund Fitz 62 mile race from Finland, Minnesota to Duluth, Minnesota. Usually about 40 solo runners and over 100 eight person teams doing a relay. <http://www.edmundfitz.com>

The relay teams provide major encouragement for the solo's...last year an entire team jumped out of their van, ran across the street, got into 2 lines and put their hands up making a bridge for me to run under. I couldn't stop laughing for miles. At 8PM everyone reconvenes in the Duluth convention center for the awards ceremony and to view an awesome video/slide show of today's race. Every solo finisher is called up, receives major applause, is awarded a jar of taconite and gets to ring a ships bell like the one on the Edmund Fitz that went down in 1975 killing all 29 onboard. In 2004 and 2005, a daughter of one of the sailors that perished on the Fitz has been at one of the aid stations and later honored at the post race ceremony with a standing ovation. Very emotional. You couldn't pry me away from this race, I wouldn't miss it for anything.